

CHOOSE 1
From either
SOUP or
DESSERT



CHOOSE 1
MAIN or
DELI CLUB
COURSE



CHOOSE 1
SALAD
CHOOSE 1
VEG

Daily choice may include:
carrot sticks
raisins
cucumber
cherry tomatoes



CHOOSE 1
DRINK
Fruit Crush
or milk
or water



Bread Basket
Available Daily



Week 1 - 4 January, 25 January, 22 February, 15 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Lentil Soup		Potato and Leek Soup		Chicken Noodle Soup
MAIN	Spaghetti Bolognese with Garlic Bread and Mixed Salad	Hot Dog Roll with Chips or Boiled Potatoes and Sweetcorn	Roast Chicken with Gravy and Boiled Potatoes, Broccoli and Carrots	Cheese and Tomato Pizza, Coleslaw and Crunchy Salad	Breaded Fish with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
DELI CLUB	Baked Potato with Beans and Coleslaw	Salmon Finger Wrap	Baked Potato with Cheese and Beans	Home-made Vegetable Noodle Pot	Buttermilk Chicken Fillet on a Roll
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Ham or Chicken Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Egg Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Chicken Mayo	Choice of Roll, Sandwich, Wrap with Ham or Tuna Mayo
DESSERT	Choice of Fruit Fruit Yoghurt Peach Sponge and Custard	Choice of Fruit Fruit Yoghurt Fruit Pot	Choice of Fruit Fruit Yoghurt Chocolate and Raspberry Muffin	Choice of Fruit Fruit Yoghurt Fruit Pot	Choice of Fruit Fruit Yoghurt Fruity Flapjack

Week 2 - 11 January, 1 February, 1 March, 22 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Tomato Soup		Lentil Soup		Vegetable Soup
MAIN	Pork Sausage, Chips or Boiled Potatoes and Beans	Macaroni Cheese with Peas and Sliced Tomatoes	Steak Pie with Turnip, Carrots and Mashed Potatoes	Chicken Tikka Curry with Rice and Broccoli	Fish Fingers with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
DELI CLUB	Baked Potato with Beans and Coleslaw	Beef Burger Roll	Chicken Goujon Wrap	Pizza Slice	Baked Potato with Beans
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Chicken Mayo	Choice of Roll, Sandwich, Wrap with Ham or Egg Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Egg Mayo or Ham
DESSERT	Choice of Fruit Fruit Yoghurt Cranberry Cookie	Choice of Fruit Fruit Yoghurt Fruit Pot	Choice of Fruit Fruit Yoghurt Chocolate and Banana Brownie	Choice of Fruit Fruit Yoghurt Fruit Pot	Choice of Fruit Fruit Yoghurt Rice Pudding and Fruit

Week 3 - 18 January, 8 February, 8 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Leek and Potato Soup		Vegetable Broth Soup		Lentil Soup
MAIN	Macaroni Cheese with Peas and Sliced Tomatoes	Sausage Roll with Chips or Boiled Potatoes and Beans	Roast Beef, Yorkshire Pudding, Gravy, Cabbage, Carrots and Boiled Potatoes	Italian Tomato Pasta and Garlic Bread	Breaded Fish with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
DELI CLUB	Salmon Finger Wrap	Cheese and Tomato Panini	Baked Potato with Beans	BBQ Chicken Fillet Burger	Baked Potato with Beans and Coleslaw
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Cheese or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Chicken Mayo	Choice of Roll, Sandwich, Wrap with Ham or Egg Mayo	Choice of Roll, Sandwich, Wrap with Ham or Egg Mayo	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Tuna Mayo
DESSERT	Choice of Fruit Fruit Yoghurt Chocolate Fruit Sponge and Custard	Choice of Fruit Fruit Yoghurt Fruit Pot	Choice of Fruit Fruit Yoghurt Fruity Oat Cookie	Choice of Fruit Fruit Yoghurt Fruit Pot	Choice of Fruit Fruit Yoghurt Shortbread and Fruit

Think Allergy!

Food Allergies and Intolerances:

Before you order your food and drink please speak to a member of the Catering Team if you want to know about the ingredients we use.

Which ingredients can cause a problem?



Specific dietary requirements

If you have specific dietary requirements please inform your school as soon as possible. Special dietary requirements will be managed in a way that is realistic to the catering section and pupil and therefore it may not be possible to accommodate all desired requirements.

Free School Meals

Free school meals are provided for pupils of families on qualifying benefits and can lead to a large financial saving each year.

For further information please go to www.dumgal.gov.uk/schoolmeals or contact Education Support Services on 01387 260493.

Application forms are available at all schools and you can apply for a Clothing Grant on the same form.